in Hawaii * www.hawaijarmyweekly.com



Karen A. Iwamoto, Oahu Publishing Company

Exhibitors and visitors pack the Sheraton Waikiki ballroom during the 2015 LANPAC Symposium and Exposition, Wednesday. LANPAC is an international event highlighting the role of land forces in the Indo-Asia-Pacific theater and their contributions to the Joint Force in peace and war.

Respect, trust are keys to success for joint operations

SGT. MAJ. KANESSA TRENT

Defense Video & Imagery Distribution System

HONOLULU - More than 100 noncommissioned officers packed into a crowded room to listen to the first Senior Enlisted Panel during the Association of the United States Army Institute of Land Warfare LANPAC Symposium and Exposition, May 19.

conference, the senior enlisted portion is new at the 2015 three-day symposium.

The panel was led by Command Sgt. Maj. Bryant Lambert, U.S. Army-Pacific senior enlisted adviser. Bryant said it was important to include a senior enlisted panel during LANPAC.

"The job of our NCOs is to instill discipline

While this is the third year for the LANPAC and ensure that the commander's intent is accomplished. Regardless of the Army in which one serves, we have to give the authority to NCOs, train them properly and have the trust in those NCOs in different environments to be successful," Lambert said.

> "Our armies are very much alike in that we expect our NCOs to be creative, adaptive and

confident in their ability to act on the ground without orders," Lambert said. "You must train them first and instill the pride and discipline in them to be effective."

Each panelist agreed the foundation for successful military relationships transcends cultur-

See LANPAC A-4

Pacific finance Soldiers set to deploy for Kuwait mission

SUSTAINMENT COMMAND **Public Affairs**

FORT SHAFTER — Approximately 30 Soldiers from the 8th Theater Sustainment Command's 175th Financial Management Support Center were recognized during a deployment ceremony, May 13, in preparation for their upcoming departure to Kuwait where they will conduct financial management operations in support of Operation Enduring Freedom and Operation Inherent Resolve.

"The 175th is going to go off and do a theater mission. They will provide financial management operations in terms of banking currency, procurement, support, dispersing and economic development," said Maj. Gen. Edward F. Dorman III, the 8th TSC commanding general.

Dorman said the Army is fortunate to have this premier team handling some of the things sometimes taken



Sgt. 1st Class Nicole Howell, 8th Theater Sustainment Command

175th FMSC, 8th TSC Soldiers snap to attention for the National Anthem during their deployment ceremony, May 13. The 175th will deploy to Kuwait in support of operations Enduring Freedom and Inherent Resolve, where it will provide financial management operations for the 1st TSC.

for granted - budgeting, funding cost management and accounting - that are critical when it comes to national resources and the American taxpayer

The 175th troops have traveled to more than three different continents and several different states over the last four months to train and prepare, including a trip to the Federal Reserve Bank in Boston, Massachusetts.

The center will continue to demonstrate its ability to operate in today's complex environment, as its rear-detachment troops take care of the Pacific mission while their fellow finance warriors are deployed forward.

"Today we show ourselves ready," said Col. Karen Hanson, the center's commander. "Team Hawaii is ready to serve the 8th TSC here in the Pacific, and team Kuwait is ready to go forward to support the 1st TSC in the CENTCOM (U.S. Central Command)

303rd MEB gains new commander

Story and photo by CAPT. MARYWHITNEY WHITTAKER

9th Mission Support Command Public Affairs FORT SHAFER FLATS — Pacific Army Reserve Soldiers and guests gathered to welcome Col. Joseph Ricciardi as he took command of the 303rd Maneuver Enhancement Brigade (MEB), 9th Mission Support Command, from outgoing commander Col. Colbert Low, during

Incoming commander Ricciardi, an experienced engineer and citizen-Soldier, spoke about pride and humility as he took command of 303rd MEB.

a ceremony, here, May 17.

"There is pride in the honor bestowed upon me to lead and serve in this unit, and there is pride in knowing I am leading the best Maneuver Enhancement Brigade in the Army Reserve," he said. "There is humility in the responsibility I have been given, and I look forward to the challenge and to serving with this new family."

Ricciardi finished his speech with the unit's motto, Pahu Imua.

Low's last speech as commander was a touching one. He thanked the Soldiers who

See MEB A-6



Col. Colbert Low (left) receives the 303rd MEB's colors from Command Sgt. Maj. Randy Harr as he prepares to pass the colors to Col. Joseph Ricciardi. In his final address to the troops, Low chanted the unit's motto: "Pahu Imua," three times.

The New Commander

Ricciardi served in combat in Iraq and Afghanistan during his Army Reserve career.

He earned a Bachelor of Science Degree in Economics from the United States Military Academy at West Point, New York; a Master of Business Administration from Purdue University; and a doctorate in Values Driven Leadership from Benedictine University.

He is currently a student at the Army War College studying National Security and Strategic Studies.

In his civilian life, he is the vice president of operations at SEFA, a nationwide network of leading supply and equipment dealers and manufacturers.



The new mine resistant Panther is a hulking, armored, route-clearing vehicle designed to make work safer for tough jobs like that of the 303rd EOD Bn.

8th MP EOD gets new 'Panther'

Story and photo by STAFF SGT. TARESHA HILL

8th Military Police Brigade Public Affairs 8th Theater Sustainment Command

SCHOFIELD BARRACKS — When you think of a panther, the characteristics of a sleek, agile and quiet stalker of prey come to mind.

However, sleek and agile are not what the new mine resistant vehicles, also called the Panther, inspire.

Weighing in at 60,000 pounds with a height over 11 feet tall and nearly 30 feet long, these Panthers are hulking giants.

In fact, these Panthers are not meant to be sleek; rather, its design serves a greater purpose - to withstand the blast from an improvised

explosive device (IED). The Panthers are route-clearing vehicles with thick armor plating that allows explosive

ordnance disposal (EOD) Soldiers to clear roadways under safer conditions. The Army began fielding the vehicles last year and finally, after months of waiting, Soldiers from 303rd EOD Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command, received hands-on training, when over a dozen new Panthers arrived to the battalion, May 30, here.

Like any new piece of equipment, professional training by the equipment's expert must be given. Training the EOD Soldiers on the Panthers began in the classroom as new equipment training. Instructors from the Army's Tank-Automotive and Armaments Command (TACOM) educated the Soldiers in a weeklong block of instruction.

"After the 40 hours of training, they will be-

See 8TH MP A-6



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SSG Thomas Collins 655-5370 599th Transportation Surface

Brigade Donna Klapakis, 656-6420 **USAG-Pohakuloa** Dennis Drake, 656-3154

+ Police Call **+**

DES shifting efforts to hurricane season

COL. DUANE MILLER

Director, Emergency Services, U.S. Army Garrison-Hawaii, and Commander, 8th Military Police Brigade, 8th Theater Sustainment Command

The Directorate of Emergency Services is very busy right now in preventing and preparing for response to disaster.

For a four-day period beginning March 11, the wildland fire branch of the DES was engaged in a prescribed burn on the Schofield range. We burned approximately 1,300 acres to decrease the natural fuel load in an effort to minimize the probability and scope of accidental fires during live-fire training.

DES

For more information on the services and personnel who support this community, visit www.garrison.haw aii.army.mil/des/default.htm.

With the assistance of the 25th Combat Aviation Brigade and Explosive Ordnance Disposal (and a little help from the weather), we successfully completed the burn

property.

within the prescribed limits - with no injuries or loss of

As the hurricane season quickly approaches, the DES is now shifting its efforts to the Army-Hawaii hurricane exercise. Fortunately for the residents of Hawaii, the drier, stable air in the region, coupled with wind shear and cooler surface temperatures in the waters to the east of the islands, typically insulates us from direct hits from major storms.

The last direct hit from a large storm was in 1992, when Hurricane Iniki, a category four hurricane, hit the islands.

POLICE BEAT ROLL-UP

The following occurred on U.S. Army Hawaii installations and off-post.

•Aliamanu Military Reservation

1 - Domestic disturbance

Fort Shafter 2 - Theft

•Helemano Military Reservation

1 - Larceny

Off-post 1 - Assault Schofield Barracks

4 - Domestic disturbance

4 – Wrongful property damage

1 - Assault

5 - Larceny 4 - Traffic accidents with prop-

erty damage

•Tripler Army Medical Center 2 - Larceny

•Wheeler Army Airfield

1 - Domestic disturbance

1 - Assault

Although this storm resulted in only six deaths, the damage incurred, in 2015 dollars, topped \$3 billion.

Despite the fact that we are typically insulated from being hit by major storms, each year, Hawaii State Civil Defense, in cooperation with a number of

governmental and private agencies, conducts a statewide exercise to test and evaluate preparations for operations before, during and after a hurricane. Our HUREX is tied into the annual state ex-

See HUREX A-7

Chaplains gather at K-Bay for CAST

Story and photo by STAFF SGT. CHRIS MCCULLOUGH U.S. Army-Pacific Public Affairs

KANEOHE - Chaplains and chaplain's assistants from across the Pacific region gathered together, May 14-15, for Chaplaincy Annual Sustainment Training, here.

The annual chaplaincy conferences are held regionally and provide the Army's chaplains and chaplain's assistants a time for spiritual renewal, continuing education, networking and fellowship. They also provide the opportunity to maintain a high level of proficiency in the chaplain pastoral care ministry.

"It's the chief chaplain's program, where the region provides the opportunity for the chaplains and chaplain's assistants to get together, and our themes are from the chief's chaplain themes for that year," said Chaplain (Col.) Michael W. Dugal, U.S. Army-Pacific Command. In a time of drawdown, transforma-

tion and rebuilding, the CAST theme this year was "Delivering Religious Support to the Total Army," which includes care to the caregiver. That included the issue of how chaplains and chaplain's assistants help commanders to meet the expected moral leadership of our armed forces," Dugal explained. The two-day training got underway

with a visit from Gen. Vincent K. Brooks, commander, USARPAC, who espoused the importance of the Chaplain Corps. "This role, the chaplaincy, is impor-

tant," said Brooks. "It always has been. I believe it always will be. It has withstood the tests of time and pressure and cultural change and ideologies, and laws and or for his actions.



Gen. Vincent K. Brooks, commander USARPAC, presents the Army Commendation Medal to USARPAC's top noncommissioned officer chaplain's assistant, Staff Sgt. Adams D. Ewing, 8th MP Bde., 8th TSC, at the onset of the CAST seminar, May 14.

practices and accommodations, and still, it's still there and the essence remains."

Brooks referred back to the earliest days of the chaplain's assistant mission, when on Aug. 14, 1900, the 14th Infantry Regiment commander, Col. Aaron S. Daggett, needing troops to scale a 30foot fortification and lay down suppressive fire during the Boxer Rebellion in China, called for volunteers. Without hesitation, Calvin Pearl Titus, the Soldier most responsible for the chaplain's assistant position, stepped forward and said, "I'll try, sir."

Titus was awarded the Medal of Hon-

"Such is the nature of the chaplain's assistant," Brooks said. "Whatever you're asked to do ... you'll try. You'll give it

Brooks, Dugal and Sgt. Maj. Horace ynwood Williams Jr., USARPAC chief chaplain assistant noncommissioned officer, then presented the Army Commendation Medal to USARPAC's top NCO and junior enlisted Soldier chaplain's assistants: Staff Sgt. Adams D. Ewing, 8th Military Police Brigade, 8th Theater Sustainment Command, and Pvt. Roderick R. Dixon, 673rd Army Support Element, Installation Management Command-Pacific.



to deter future miscon-

duct by Soldiers.

Why does the

Courts-martial results posted

A staff sergeant in Intelligence and Sustainment Company, Headquarters and Headquarters Battalion, 25th Infantry Division, was found guilty of two specifications of assault consummated by a battery.

He was sentenced to forfeit \$500 pay, per month, for four months and to be restricted for 45 days to the limits of Schofield Barracks and Wheeler Army



FTTSTEPS in FAITH

We remember the ultimate sacrifices on Memorial Day

CHAPLAIN (MAJ.) JOHN GRAUER

Plans and Operations U.S. Army Garrison-Hawaii

The Korean Veterans War Memorial. the Vietnam Veterans War Memorial, and in Hawaii, the USS Arizona located

in Pearl Harbor, are each reminders of heroic men and women.

More than just a holiday, Memorial Day is a day set aside to remember those who have given their lives for the freedom that we, as Americans, all share.

Freedom has never come cheaply, and the price for many of our service members

is to have paid the ultimate sacrifice. died fighting for the freedom that we enjoy today. In World War I, 116,000 Amer-

ican Soldiers died. In World War II, over 405,000 Americans died.

About 54,000 American Soldiers died in Korea, 58,000 died in Vietnam, 148 died during Desert Storm, and as of today, there are more than 6,800 American

service members who have died in Iraq and Afghanistan.

It is, of course, staggering to think that more than a million Americans have died in wars around the world, and yet, for their sacrifice, they have given meaning to what is truly important in life.

Gen. George S. Patton said, "Better to fight for something than live for nothing."

Each service member stands as a More than a million Americans have hero, ready and willing to defend and protect the ideals and words found in the Constitution of the United States.

hero is someone who has given his or her life to something bigger than oneself."

- Joseph Campbell

These same service members bear true faith and allegiance to that document within the Uniform Code of Military Justice.

Soldiers obey the orders of the president, the officers appointed over them. And it is these truths that are self-evident, every single day, in the lives of our service members.

Now, as we see our fellow service members arriving back from deployments, we should not forget those words that all Soldiers speak upon enlisting, because when we look upon a Soldier returning from conflict, a disabled veteran or a memorial, the following words should ring in your very soul and very

Eternal God, we are touched and saddened at the loss of a fallen warrior. We call upon your face to shine down upon your people during our time of grief. As we recognize the life and memory of our fallen service member. We ask that you would bring comfort and healing to the family, to his/her friends, and to the

See FIF A-7

"I plan to visit my "I will remember

How will you commemorate Memorial Day?

By 2nd Stryker Brigade Combat Team, 25th Infantry Division



"Usually, I take time to give a small prayer to the fallen Soldiers who gave their lives for what they believed in.'

Spc. Peter Arai Infantryman 1-21st Inf. Regt., 2nd SBCT



grandfather's grave in my hometown. He (Sgt. Dale Devries) served in World War II, as a tank driver." Sgt. Kyle **Devries**

Health care specialist

2-14th Cav. Regt.

2nd SBCT



the ones who have served and who are serving. I'm ever so grateful for their service."

Lorrie Roller Recreations assistant Schofield Barracks Health and Fitness Center



get together at my house, and remember all of the friends and families who we

2nd SBCT

"I plan on spending time with family ... maybe go to the beach with my wife and kids."

Tomasiewizz Field service representative DOD

William

IMCOM leadership sends Memorial Day greetings

AND COMMAND SGT. MAJ. JEFF HARTLESS Installation Management Command

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service to America.

Memorial Day was born from the War between the States and a desire to honor our dead. On the first Decoration Day, Gen. James Garfield made a speech at Arlington National Cemetery, and participants decorated the graves of the Union and Confederate Soldiers buried

On Memorial Day, we remember those who died in service to America.

Many of you will use this time to be with friends and family. Travel is on the agenda for many of you.

Take steps to reduce the chances of burglary

while you are gone. Secure windows, including those upstairs. Remove objects like ladders or trash cans that make it easier to enter a window or scale a fence.

Do not leave social media posts making it obvious you will be out of town. Turn telephone ringers down, so no one outside can hear repeated rings. Review an-

swering machine messages to make sure they do not imply you are away. Consider using timers to operate lights.

Halverson

With many people traveling over the holiday weekend, it's more important than ever to drive safely. People should be well-rested and alert,

use their seat belts, observe speed limits and follow the rules of the road. Avoid distractions such as cell phones, and absolutely do not text. Leave ample room when following other vehicles.

Use caution in work zones. Make frequent rest stops when traveling long distances.

The onset of grilling season often results in injuries and fires due to careless cooking practices. Never grill indoors. Always supervise a grill when in use, and make sure everyone, including pets, stay away from the grill. Keep the grill out in the open, away from the house, deck, tree branches or anything else that could catch

Hartless

fire. Use the long-handled tools, especially made for cooking on the grill. Never add charcoal starter fluid when coals have already ignited.

Whether you travel or stay home, please reserve some of your time to recall the reason this day was established. The "National Moment of Remembrance" resolution was passed in December 2000. It asks all Americans to pause at 3 p.m. local time, "To voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence."

Whether you simply pause or attend a parade, visit a memorial, toast the fallen or comfort a survivor, give a thought to those who, with their sacrifices, passed the torch of freedom to those of us who stand in defense of our nation today.

Once a Soldier, always a Soldier. Soldier for Life!



Do you know how to ship a car from Hawaii?

LEGAL ASSISTANCE OFFICE Office of the Staff Judge Advocate 25th Infantry Division

Dear JAG, I'm PCSing this summer and will

need to ship my new car. I bought it here and I've never had to ship a vehicle. I'm concerned the shipping company will damage it. Can you give any tips to help make shipping my car as painless as possible? Sincerely, Pvt. Hot Wheels

$m{A}$ — Dear Pvt. Hot Wheels,

It's time to start planning your privately owned vehicle shipment.

In May 2014, International Auto Logistics (IAL) took over the DOD's contract for POV shipment and storage services for government

IAL and its partners operate vehicle processing centers (VPCs) around the globe.

Once you're ready to actually ship your vehicle, here are some tips to keep in mind:

•Turn-in inspection. The owner or his agent will conduct a joint inspection of the vehicle with the inspector to document its condition at the time of turn-in. Accessories should be included in the inventory. You (or your agent) will acknowledge that the inspection of the vehicle is a true representation of its condition at the time of turn-in by signing and dating the vehicle inspection form.

The inspector should turn on the engine to listen for any obvious problems, and you should request that all operating systems are checked and noted on the form. It's your right to object to any of the pre-existing damages noted by the inspector, but be sure to note the objections on the form at that time.

•Pick-up inspection. For the delivery inspection, the inspector usually brings the owner to the parked vehicle with the motor off. The inside and outside of the vehicle should be closely inspected, because any obvious external damage that is not reported at the time of inspection may not be payable.

Any damage you cannot reasonably notice at the inspection site may still be considered if you report the additional damage to the VPC within a short period of time, preferably within a 24-hour period after retrieving the vehicle (if you pick up the vehicle on Friday, return to the VPC the following Monday). It's critical that you don't wait to report any additional damage, because the longer you wait, the more difficult it is to argue the damage was caused during transport.

Too many owners and agents merely check for cosmetic damage, and they're likely to miss



Performing a detailed inspection of your privately owned vehicle before handing over the keys and signing the paperwork is a must

any mechanical or electrical problems during the pick-up inspection. Include the mechanical checks during the inspection, but if you forget, notify the VPC as soon as you detect a problem, and return to the VPC to report the problem to the inspector.

Make sure any additional damage is noted on the vehicle inspection form, and re-sign and re-date, if necessary. The inspector also needs to sign and date the form, so it can later be verified when the damage was reported.

•If there's damage. Be sure to both verbally explain the new damage to the inspector, writing, and sign and date it on the VIF! Even if government instead of IAL. it looks like potential damage, but you can't tell because your vehicle is dirty or it's difficult to see, annotate it as new damage.

Once new damage is reported, VPC repre-

Who you gonna' call?

If you have any questions, remember that the Schofield Barracks Area Claims Office is always available to answer questions or provide guidance. Visit 278 Aleshire St., Bldg. 2037, or call sentatives have been known to make on-site offers to settle. There is no obligation to accept this offer, and in fact, there's not even a requirement that you first file a claim

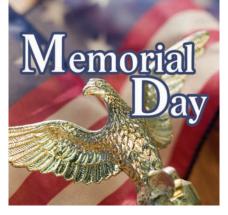
SIA has seen many owners frustrated and upset at the low offers they receive from IAL because the offers seem to have no rational basis and don't correspond with the repair estimate,

POV shipments are different from household goods shipments because there is no requirement to first file a claim with the carrier. and specifically annotate the new damage in You have the option of coming directly to the

Shipping a POV?

Your first steps should include educating yourself on the process, making an appointment with the VPC and gathering the required documentation to ship your POV. The website also includes information to prepare your vehicle for shipment.

Call the Honolulu VPC at 527-3473 or visit www.pcsmypov.com.



Sunday, May 24

10 a.m., National Memorial Cemetery of the Pacific (Punchbowl). Roll Call of Honor in Remembrance ceremony conducted by the Pacific American Foundation for Pacific Island veterans.

10 a.m., Waikiki War Memorial Natatorium. The 25th annual Memorial Day observance at 2815 Kalakala Ave.

5:30 p.m., Punchbowl Cemetery. Vietnam Veterans Candlelight ceremony sponsored by VFW 10583 and the American-Vietnamese Coalition.

Monday, May 25

8:30 a.m., Punchbowl Cemetery. Mayor's Memorial Day ceremony.

12:45 p.m., Hawaii State Veterans Cemetery, Kaneohe. Governor's Memorial Day ceremony, "Veterans, May We Never Forget."

6:15 p.m., Magic Island and Ala Moana Beach. The 15th annual Lantern Floating Hawaii. (Pick up lanterns from 10 a.m.-4 p.m, on a first-come, first-served basis.)



Air Force Staff Sgt. Chris Hubenthal, Defense Media Activity - Hawaii News Bureau

HONOLULU — American flags decorate rows of gravesites at the National Memorial Cemetery of the Pacific in 2014. An evening candlelight ceremony will recognize POWs/MIAs from the Vietnam War, Sunday, at 5:30 p.m.

A-4 | MAY 22, 2015 HAWAII ARMY WEEKLY SOLI

205th lends observer-adviser perspective to Rangers

STAFF SGT. THOMAS G. COLLINS 500th Military Intelligence Brigade Public Affairs

FORT SHAFTER — Members of the 205th Military Intelligence Battalion gathered at Richardson Theater, here, for a gender integration and professional development discussion, May 1, and again May 4, led by 1st Lt. Tracy L. Ross, executive officer, Company C, 205th MI Bn., 500th MI Brigade.

Ross, one of 28 female leaders selected from across the Army, shared insight from her recent work as an observer/adviser while integrated within the Airborne and Ranger Training Brigade (ARTB) as part of the assessment of female integration into U.S. Army Ranger School, Fort Benning, Georgia.

The selection process for the observer/advisers was nothing to scoff at.

"In order to serve as an observer/adviser, I had to complete a Ranger physical assessment, land navigation, combat water survival assessment, a 12-mile road march — with a minimum of 35 pounds — course performance review board and an operations order test," exclaimed Ross.



Photo courtesy of 205th Military Intelligence Battalion

1st Lt. Tracy Ross, 205th MI Bn., 500th MI Bde., observer-adviser at the Ranger Training Brigade, delivers a gender-integration update to Gen. Daniel B. Allyn, Army vice chief of staff, at Fort Benning.

"The observer/advisers aren't students in the course, but hand-selected Soldiers brought on to offer feedback on the integration of women into

Ranger School," she explained.

One argument against the integration of females in Ranger School is the possibility of a reduction in standards. "Ranger School is the most physically rigorous course in the Army and will remain that way because the standards are not changing," Ross said, confidently. "The females are held to the same standards as the males. The Ranger instructors adamantly enforce the standards across the board."

Currently, Ranger School is 62 days long. Five days are spent at Camp Rogers, Fort Benning, Georgia, for the Ranger Assessment Phase (RAP week); 17 days are spent at Camp Darby, also at Benning; 21 days at Camp Frank F. Merrill, Dahlonega, Georgia; and 19 days at Camp James E. Rudder, Eglin Air Force Base, Florida.

Four hundred Soldiers arrived at Fort Benning to begin Ranger School on April 20. Out of those eager to start training, 19 were female. All of the females had been invited to this one-time assessment after successfully completing the Ranger Training Assessment Course (RTAC), which is a pre-Ranger course held at Fort Benning, and conducted by the Army National Guard.

Eight females and 119 males failed the first week of the Ranger Course, which included the Ranger physical

assessment, combat water survival assessment, land navigation and a 12-mile foot march.

"Female Ranger students will be graded and evaluated by the Ranger instructors under the same standards as the male Ranger students. The stan-

dards will not change," said Ross.

After successfully completing the "Benning Phase" of the Ranger School, the Ranger students began the next phase of training, May 8, as they moved into the mountains of Dahlonega, Georgia.

No stranger to Ranger School, Capt. George Gurrola, commander, Head-quarters and Headquarters Detachment, 205th MI Bn., 500th MI Bde., graduated from the course in 2009.

"Those who continue to meet the standards and graduate from Ranger School earn the privilege to wear the Ranger tab," he stated.

"I'm thankful to serve among the most elite Soldiers and be part of this historic opportunity," said Ross. "It is admirable to see any Soldier volunteer for Ranger School, especially females.

"Shattering barriers is what the Army is all about," she added.

LANPAC: International panel of senior NCOs discuss interoperability, caveats

CONTINUED FROM A-1

al and language barriers or the uniform one wears for his or her nation as a Soldier, Sailor, Airmen or Marine.

"We will find that, regardless of the uniform we wear, we are more alike than we are different," said Command Sgt. Maj. James P. Norman, 1st Corps. "Our problem sets are pretty generic when it comes to taking care of our young service men and women and ensuring they are trained to take on whatever mission they are given."

The four-hours-long discussion covered joint operations in a multinational environment, but centered on respect, dignity and pride for the NCO Corps across the region. Without those crucial elements, every senior enlisted leader stated that creating a mutually supportive coalition team is difficult and creates challenges that are easily overcome by developing mutual trust.

All 10 of the panel members spoke repeatedly about everything in the land forces domain being a human endeavor and that people are the center of gravity.

The Mongolian army senior enlisted leader, Lead Sgt. Daribish Oyunbol, said they've adopted the motto "Respect Cre-

ates Trust" as a training philosophy for their NCOs. He discussed how soldiers from Mongolia participate in exercises and missions all over the world and how much of an emphasis his country has placed on education in the NCO Corps the past two decades.

"Mongolia was closed off from the rest of the world until 20 years ago, and as Mongolian citizens are traveling around the world and bringing back a lot of different perspectives, knowledge, ideas ... and participating in the multinational environment, our NCOs are seeing things in a different way," Oyunbold said.

"They've grown more mature and analyze

"They've grown more mature and analyze things in different ways. It's really been wonderful and brings a lot of value to our NCO Corps," he added.

Sgt. Maj. John Troxell, U.S. Forces-Korea, talked about how NCOs always figure out a way to communicate and get to know one another, no matter where they are from, but said the U.S. military, and its partner nations, need to continue to hone horizontal communication in order to be more effective in a joint and multinational capacity.

"Interoperability is the ability, confidence and comfort to operate in any environment," Troxell

"I think it's important that we get the operational aspect down to the Soldier level," agreed

Norman. "By having all the senior enlisted leaders from all the different countries sitting on a panel together, we can not only shape what our generals and our chiefs are doing, but we can take that and translate it into operational language that our Soldiers can understand."

Working in a coalition environment, the senior enlisted leaders emphasized that NCOs need to discuss national caveats, so everyone is aware of what Soldiers can and cannot do.

"Just because they cannot do something does not mean they are less effective, but it's a restriction by law," Lambert said. "We must teach, coach and mentor our subordinates to understand those restrictions and that they are not violated. We know that even if we have restrictions, our NCOs will overcome that, accomplish the mission, build the bond and strengthen relationships."

"In order to get the team moving together, we know what the glue is: It's the noncommissioned officer," Lambert said.



Lambert

SMA Dailey motivates, captivates Army Hawaii NCOs

Story and photo by
STAFF SGT. KYLE J. RICHARDSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — With a little more than three months under his belt as the 15th Sergeant Major of the Army, Daniel A. Dailey hit the road with his sights on the Pacific region.

Dailey completed a three-day tour of the U.S. Army-Pacific area of operations at Fort Shafter, Schofield Barracks and Joint Base Pearl Harbor-Hickam, May 11-13.

Dailey stands 5 feet, 9 inches and weighs 165 pounds, and while he may appear quiet, he quickly showed "One Team" Soldiers that he packs a big voice and an important message.

Naturally energetic and enthusiastic, he spoke passionately to more than 1,500 Soldiers, primarily noncommissioned officers, during two town halls.

Dailey addressed the need for NCOs to be refocused and to do what NCOs do best – to lead, motivate and train Soldiers.

"I'm Sergeant Major of the Army, but I'm just a Soldier. That's all I am," said Dailey, lowering his voice and putting himself on the same level as the Soldiers in the audience. "It takes one million Soldiers and leaders to run this Army. I can't do it by myself."

He continued by adding that the Army must invest in the quality of Soldiers and leaders.

"If you do not have talented leaders, then you

won't have an effective Army," he said.

Dailey also said that NCOs need to take responsibility and care for all Soldiers better than their own mothers and fathers would, because it is expected of them.

"I still have a mom," Dailey said. "She still asks if I'm eating, and then I'll tell her, 'Mom, I'm Sgt. Maj. of the Army.' And she'll say, 'I don't care; you're still just my little Soldier.'"

The SMA's light-hearted delivery was tailored around his sense of humor, but his message was direct and taken seriously, garnering cheers and applause from the NCOs in attendance who felt a new sense of purpose from the sergeant major's words.

Dailey said that all Soldiers had a story to tell, and their leaders have a great impact on how that story turns out.

"I encourage leaders to ask how are you going to paint that billboard for those Soldiers," Dailey said. "As leaders, you have so much influence on Soldiers – whether they stay in the Army or transition. What does your billboard say? What does it say today and what will it say tomorrow? Just remember, leaders have a big part in what those billboards say across the Army."

Like the town halls, Dailey surprised the Soldiers, bright and early in the morning, with a smile on his face, when he showed up at the 8th Theater Sustainment Command for some good, old-fashioned Army physical training. The SMA



On his first visit as SMA, Daniel A. Dailey discusses the chief of staff of the Army's top priorities with Army Hawaii NCOs during a second town hall. Dailey met with the NCOs, May 12, while on a three-day tour of units throughout USARPAC.

was ready to sweat, participating in an intense circuit training squad-on-squad competition.

Physical fitness is one of Dailey's top priorities. He believes that if Soldiers are physically fit, then they'll look, feel and act like Soldiers.

At the end of Dailey's three-day tour, he said he had gained a better understanding of the unique

capabilities throughout the Pacific region.

"The Soldiers that are stationed here in Hawaii are really in a strategic place for us to interact with our partners throughout the Pacific," he said. "It really gives us the ability to maintain that day-to-day contact and interaction by being out here."

Unique skills, capabilities of 8th TSC shared with Dailey

Story and photo by
SGT. 1ST CLASS NICOLE HOWELL
8th Theater Sustainment Command
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Pacific Army mariners, divers, military police and explosive ordnance disposal troops shared their unique capabilities with Sgt. Maj. of the Army Daniel A. Dailey during his visit to U.S. Army Vessel Lt. Gen. William B. Bunker (Logistic Support Vessel 4) here, May 12.

The 8th Theater Sustainment Command Soldiers discussed their respective fields with Dailey and provided a hands-on equipment demonstration.

LSV-4 is one of the Pacific's 26 Army watercraft assets, and its crew averages more than 250 days at sea, per year, providing over-the-water transportation of equipment and personnel to increase maneuverability and readiness throughout the region.

The 15th SMA also "coined" and promoted Zeno, an 8th Military Police Brigade military working dog, who recently returned from a deployment.

Zeno's handler, Staff Sgt. Daniel Lyon, said, "We were there to support the Special Operations Task Force (SOTF), and Zeno provided Morale, Welfare and Recreation to the troops. His mission was to make everyone smile."

Dailey also met with members of the 8th MP's 303rd Explosive Ordnance Disposal Battalion, a battalion whose lineage goes back to World War II, and it is the only unit of its kind outside of the continental United States.

Army divers from the 7th Engineer

Dive Detachment, the only Army divers in the Pacific, provided the SMA with an interactive, hands-on briefing of their gear and the underwater engineer equipment they use to perform underwater reconnaissance, demolition and salvage operations across the Pacific theater for joint interagency intergovernmental multinational operations.

"Anything the engineers can do on top of the water, we can do the same operations underwater," said Spc. Michael Ritz.

Earlier in the day, Dailey also accepted the challenge of conducting a high-intensity circuit physical readiness training session with the TSC's Special Troops Bn. Soldiers.

The 8th TSC is the senior Army logistics command in the Pacific.



8th TSC mariners, divers, MPs and EOD troops share their unique capabilities with SMA Daniel A. Dailey, left, during his visit to LSV-4 Lt. Gen. William B. Bunker, May 12. Dailey took the time to coin and promote Zeno, an 8th MP working dog, who has recently returned from deployment.

HAWAII ARMY WEEKLY **A-6** | MAY 22, 2015



The Hawaii Hula Company performs a traditional dance for attendees, May 11, during the Asian-American Pacific Islander Heritage observance at Fort Shafter, hosted by the 94th AAMDC. Guest speaker Brian Woo spoke of how discrimination against local children affected their education, and how those before him cleared a path for future Americans.

Sea Dragons honor isle's spirit of aloha

Story and photo by **SGT. KIMBERLY MENZIES** 94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER — With the theme, "Many Cultures, One Voice: Promote Equality and Inclusion," the 94th Army Air and Missile Defense Command treated attendees from throughout U.S. Army-Pacific with ethnic food, traditional hula dance and an inspirational account of the effects of equal opportunity as it hosted an Asian-American Pacific Islander Heritage Observance ceremony, May 11, here.

This event was an opportunity to enjoy cultural dances and cuisine. It was also an important pause to recognize and pay homage to those of Asian-American Pacific Islander heritage and their achievements.

"This observance is important because it identifies the impact the Asian-Pacific Islanders have had on the United States, both in the past and present," said Master Sgt. Raymond Peredo, force management noncommissioned officer in charge, 94th AAMDC. "It also identifies that Asian-Americans and Pacific Islanders are just as important as everyone else who calls the United States home.'

The event's guest speaker was Brian Woo, foreign policy adviser to the commander of the Pacific Air Forces. A native of Honolulu, Woo shared memories of discrimination when local children were denied education opportunities, and described the motivations of equal opportunity pioneers who pushed the bound-

1965, Martin Luther King Jr., John Lewis and other civil rights leaders, wore Hawaiian flower lei," said Woo. "Yes, in the backdrop of racial hatred, violence and even death, King and his lieutenants accepted the lei, which symbolize the spirit of aloha, the Hawaiian word meaning compassion, peace and love."

to be worn by King and his fellow marchers,

"For Dr. King, this was a meaningful ges-

"We have solidarity for what Dr. King stands for, because we are no strangers to discrimination," he said.

aries, helping to clear a path for future Americans, such as himself. "On the third 54-mile march on March 21,

Rev. Abraham Akaka sent the white lei

ture of Hawaii's solidarity and support for the civil rights movement and the people of Hawaii, the Asian and Pacific Islanders, who brought the lei, stayed on to march with him," said Woo. "Still, as a young boy in the 1960s, watching the news on the family's black and white TV, I was utterly shocked by the events on the mainland, but I was also deeply inspired by Dr. King's words on the steps of the Lincoln Memorial: 'I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character," said Woo, quoting King's speech.

"Hearing protection is mandatory to operate these vehicles," Stevens said, referring to the noise level.

Guest Speaker

Before becoming the Pacific Air Force foreign policy adviser, Woo was a lead member of the United Nations team of counterterrorism experts. He evaluated implementation of Security Council Resolution 1373, a U.N. resolution that condemned the terrorist attacks on 9/11 and laid out a global plan to combat terrorism.

After retiring in 2005, Woo served as the senior adviser to the mayor of Honolulu

for international, military and homeland security affairs.

During his extensive foreign service career, Woo was also the head of the Organization for Security and Cooperation in Europe, an organization against terrorism

He served as the director of State Department Counterterrorism-Policy, Programs and Public Diplomacy and as U.S. Consul General to Chengdu, China.

MEB: Low leads last 'Pahu Iuma!'

CONTINUED FROM A-1

gave the ultimate sacrifice, calling each one by name. He then went on to thank the citizen-Soldiers of 303rd MEB.

"To our Soldiers, you have already made a difference in our world. You have already lived an honorable life," he said. "It has been my privilege to lead and serve alongside you."

Low ended his speech leading the unit through three last battle cries of "Pahu Imua," meaning "push forward."

Retired Brig. Gen. Jon Lee, deputy for management and support, 9th MSC, welcomed Ricciardi and his family to the 303rd MEB and the 9th MSC.

"Aloha and welcome to the 303rd ohana. It is great to have you on board. This is your time to write your story, with your own personal touch and flare, and you will have your own challenges," said Lee. "I ask all you Soldiers to give respect and dedication to your new family, the Ricciardis, and to your unit."

8th MP: 303rd tames Panthers

CONTINUED FROM A-1

come the trainers for their company," said Gaines Stevens, TACOM instructor.

Spending the first few days in the classroom, Staff Sgt. William Hattersley, team leader, 74th EOD Company, paid special attention to the vehicle's automated capabilities.

"There's a lot more switches, and turning them on in the wrong order can actually hurt the vehicle in some cases," Hattersley said. "Training with these vehicles is going to take some adjustment." After spending nearly an hour perform-

ing preventive maintenance checks and services, Hattersley and his team were ready to learn how to drive the Panthers and take the vehicles out on maneuvers. As the Panthers rumbled down the

road, a distinct humming could be heard that grew louder as the vehicles drew closer, making everyone around very aware of its presence.

FiF: Sacrifice noted

CONTINUED FROM A-2

unit as we grieve in our respective ways.

On this Memorial Day, as you spend time with family and friends barbecuing, relaxing and enjoying some free time, take a moment to reflect on those who are no longer

... Memorial Day, a time to pay tribute for the ultimate sacrifice.

Celebrate with your picnics, beach outings and reunions,

But teach your children about the sacrifices made,

Pride in the United States and the

courage of the past. Men and women, no matter how large

or small the part, Left their all behind, footprints of war

imprinted in the annals of time.

Let us give them bittersweet honor of a hero-respect

... and a heartrending thanks.

- From "Remembering Their All," Colleen Reddaway Cook

The World War II Memorial

The Memorial honors the service of sixteen million members of the Armed Forces of the United States of America, the support of countless millions on the home front, and the ultimate sacrifice of 405,399 Americans. For more information on the World War II Memorial, visit www.nps.gov.



CLICK IT OR TICKET

Soldiers lost at West Loch remembered

KATHERINE COLLINS

Contributing Writer

Everyone has heard of the surprise attack on Dec. 7, 1941, but few know about the second disaster at Pearl Harbor.

On May 21st, 1944, over 600 Soldiers from Schofield Barracks were killed or wounded while loading ammunition and fuel onto ships at the West Loch peninsula of Pearl Harbor.

More than half were African-Americans from the 29th Chemical Decontamination Unit.

Six ships sank and many more were dam-

aged. The incident was classified top secret to protect the scheduled invasion of Palau and the Mariana Islands, including, Saipan, Guam and Tinian.

That Sunday afternoon, at 3:08 p.m., LST (Landing Ship, Tank) 353 exploded. Shrapnel,

fire and fuel spilled everywhere, setting off new fires in the ammunition and on other LSTs.

Soldiers and Sailors tried to fight the fire. Some even tried to escape out the channel to open ocean. About 36 ships were in Walker Bay along the

West Loch peninsula, lashed together in groups of six to eight. The fires spread rapidly to other ships and burned for 24 hours. The explosions were heard miles away. Deloris Guttman, president, African-American Diversity Cultural Center of Hawaii, said, "The explosions threw body parts and shrapnel

were wounded." For more than 60 years, the public remained unaware of the heroism and sacrifices of these Soldiers. Guttman is working

hundreds of feet. Before the day ended, hun-

dreds of men were dead and hundreds more

to change that and to increase awareness of what happened, and to explain why it matters to today's Soldiers.

Several ships exploded while

Operation Forager on May 21,

1944. Most of the Soldiers were

from the African-American 29th

Chemical Decontamination Unit.

A memorial ceremony was held

on the tragedy's anniversary.

Soldiers from Schofield Barracks

loaded ammunition in support of

They were building infrastructure, fighting fires, protecting combat troops from chemical weapons, loading ammunition and fuel," said Guttman. "Wars couldn't have been won

The Center tells the story of the West Loch tragedy with temporary museum exhibits using photographs, artifacts, memorabilia and audiovisual materials. It conducts oral history interviews with survivors, witnesses, journalists and historians to the West Loch explosion. Uncovering and preserving the evewitness accounts make the importance of the incident in Army history and Hawaii accessible to the public.

Out of about 200 killed, only 39 body parts keynote speaker.



Deloris Guttman, African-American Diversity Cultural Center of Hawaii, discusses the more than 600 Soldiers killed or wounded.

were interred at the National Memorial Cemetery of the Pacific at Punchbowl. They have

no names or unit designations. In April, the Department of Defense announced that human remains from the USS Oklahoma would be exhumed and identified

by the Joint POW/MIA Accounting Command. Guttman hopes the West Loch internees will be exhumed and identified as part of that project. It could give those Soldiers back their names and offer closure to their families after

Guttman's organization hosted the 6th annual Celebration of Life & Memory for the West Loch internees at Punchbowl. The public was invited May 21, to honor the legacy of those Soldiers and remember their sacrifice.

Admiral Harry B. Harris, commander of the U.S. Navy Pacific Fleet, was the

HUREX: Garrison to test preparedness

CONTINUED FROM A-2

ercise and allows us to work in tandem with other services and entities to test and evaluate our capabilities.

Throughout the exercise, DES, in conjunction with the rest of the garrison, will test our disaster preparedness plan, emergency operations procedures, mass warning notification system, mass casualty plan, continuity of operations and our communications capabilities.

All this will help us to ensure that, in the unlikely event of a major storm landing on the islands, we will be able to protect our installations and provide adequate shelter and assistance to our military communities through a concerted effort by the garrison, tenant units and the local community.



· Read about being prepared for a hurricane on page B-1.



File photo

This home was destroyed during Hurricane Sandy. ... Do you know where your shelter is?

PIIP avoids wasted critical energies

KATIE COPESKEY

Comprehensive Soldier and Family Fitness

Have you ever had so much anxiety about a situation that you got stuck and were not able to focus or take action? Have you seen this happen to someone else?

The skill of "put it in perspective," or PIIP, allows us to stop catastrophic thinking and lower anxiety, so we can accurately assess a situation and deal with it.

In catastrophic thinking, we waste critical energy ruminating about the potential worst-case outcomes of a situation.



Catastrophic thinking can prevent the accurate assessment of situations. Another way to look at this type of thinking is "making a mountain out of a molehill.

Here are some examples of times where we are more likely to catastrophize:

•Ambiguous or vague situations: A text message from a significant other saying, "We need to talk" or an email from your first sergeant that says, "Meet me in my office at 1700."

•When something we value File photo highly is at stake: Your child goes missing while playing outside or the promotion list is about to

•When we are run down or

depleted: During deployment or after staff duty, when people aren't getting enough sleep.

•When we already fear the situation: Like flying or public speaking.

In order to combat catastrophizing, there are five sequen-

Step 1: Describe the activating event and jot down the who, what, where and when. We want to be objective in this step and put down just the facts of the activating event.

Step 2: Capture all the worst-case thoughts. In this step, we want to make sure we exhaust all our worst-case thoughts

about the activating event. **Step 3:** Generate best-case thoughts. This might be difficult for some, but generating best-case thoughts elicits a jolt of positive emotion and gets us out of our anxious state. Be creative

and make it ridiculously good! **Step 4:** Identify the most likely outcomes. In this step, we want to identify two or three most likely outcomes, our most likely emotions and how others involved in the situation

might be feeling. Step 5: Develop a plan to deal with the most likely outcomes. In this step, we want to develop a plan for what we identified in Step 4.

For more information about resilience and performance enhancement training, contact your unit master resilience trainer or call the Comprehensive Soldier and Family Fitness Training Center at 655-9804.



Send announcement for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Org Day — Many offices will be closed at 10 a.m. for U.S. Army Garrison-Hawaii's Organization Day. Soldiers and employees will participate in activities at Stoneman Field, Schofield Barracks.

25 / Monday

Memorial Day — The garrison hosts a Memorial Day remembrance ceremony, 10 a.m., at the Schofield Barracks Post Cemetery on Lyman Road. Visitors should enter Schofield via Lyman Gate, off Kunia Road, and provide current ID, registration, insurance and safety check.

26 / Tuesday

Hurex — Don't be alarmed, it's only an exercise! The garrison will conduct a full-scale hurricane/antiterrorism exercise at Schofield, Shafter and Fort Shafter Flats, from today until June 5. June 1-4, expect to hear exercise alerts and announcements from the mass notification system, and read exercise bulletins and other information on the garrison website.

CIE — The Community Information Exchange will be held at the Schofield Post Conference Room (across from Sgt. Smith Theater and the fitness center), from 9-10:30 a.m. Participants will get updates from subject matter experts, and can ask questions about services and programs.

June

1 / Monday

Always a Soldier — A 25th Infantry Division retirement ceremony to recognize those who served honorably will take place, 2 p.m., at Schofield's Sgt. Smith Theater.

4 / Thursday

Training — Equal Employment Opportunity will be conducting annual antiharassment, EEO and No Fear classes for Army civilian employees/supervisors and military supervisors of civilian employees, today and June 5 at Tripler's Kyser Auditorium; at Schofield's Nehelani, June 16-17; and at Shafter's Hale Ikena, June 22-23. There are multiple one-hour class time slots to choose from. For times, call 438-4967/4963.

8 / Monday

PTAW — U.S. Army-Pacific will host Pacific Theater Army Week, June 8-12, ending with the 240th Army birthday commemoration at the Hilton Hawaiian Village beginning at 5 p.m. Log onto www.himwr.com/special-events/latest-

news-and-special-events/communitynews/1375-pacific-army-week to see events planned.

9 / Tuesday

Date Change — The 19th Military Police Battalion (CID) will host a ribbon cutting and building dedication ceremony at 2 p.m. at its new headquarters at 1045 Kelly Road, Bldg. 1411, in the newly constructed facilities at South Range, Schofield Barracks. Call 656-3455. Note, the date was changed from June 8.

16 / Tuesday

FBTH — The Facebook Town Hall meeting will run from 6-7:30 p.m. Participants can ask subject matter experts questions about installation services and programs. Log onto the "Events" tab at www.facebook.com/usaghawaii.

17 / Wednesday

Retirement Planning — From to-day through June 24, USACE, USPACAF, VA, Navy Federal Fire Department, HUD and NOAA host several CSRS, FERS and LEO retirement planning sessions. At all locations, registration is open. Register at honolulu-pacific.feb.gov/index.php?con tent=56&page=Events.

Ongoing

Noise — Got comments? Call the 25th Infantry Division Public Affairs Office at (808) 655-6354.



Traffic Report lists roadwork, construction, outages and noise advisories from the Army and the Hawaii Department of Transportation. Visit www.garrison.hawaii.army. mil/info/trafficcalendar.htm.

Unless specified, all area codes are 808.

Today

Fatal Crashes — May 11-25 is the annual "Click It or Ticket" campaign. Police statewide will be strictly enforcing Hawaii's seat belt and child restraint laws during the national mobilization, as well as throughout coming days, nights and years.

26 / Tuesday

Schofield Closures — One lane will close at Carpenter Street, May 26-29; one lane will close at McMahon Road, June 8-12; and there will be a one-lane closure at Hendrickson Loop, weekday road closure, June 15-19. Closure hours are weekdays, 8:30 a.m.-5 p.m. (Wednesdays, 8:30-noon).

June

1 / Monday

Road & Roof — The portion of Schofield's Glennan Street fronting Bldg. 689 will be closed weekdays, 8:30 a.m.-5 p.m., from today until June 19, in order to reroof the building.

Closed Loop — Watch for flagmen during partial road closures along Fort Shafter Flats' Loop Road, near Bldgs. 1550

Road, near the east corner of Bldg. 1550, will be restricted to one-lane access to-

and 1558, for well abandonment. Loop

day.

6 / Saturday

Outage — A major power outage will affect all of Schofield, Wheeler, East Range and Leileihua Golf Course. The outage is required to support Schofield Barracks' Castner Substation Renovation Project. Call 656-3272.

8 / Monday

Waianae Ave — A road closure for construction begins at Schofield's Waianae Avenue south corridor, 8 a.m.-4 -p.m., between Generals Loop and Jecelin Street, until July 10. Waianae north will be two-way traffic during the closure. Traffic flow will be restored during non-duty hours.

MOTORCYCLE SAFETY MONTH STATE Safe motorcycling is a lifetime of learning, experience

BILL MAXWELL

Safety Manager, 311th Signal Command (Theater) "You learn something new every day" is the old

That's especially true for motorcyclists.

Every ride is an opportunity to practice skills and become a better, safer rider. That's the informal side of learning; there's a formal side, too.

The Progressive Motorcycle Program begins when new riders sign up for the Basic Rider Course (BRC) and continues throughout their career in the Army. The BRC gives every rider the essential tools to start riding on the street.

Following the course, riders need to slowly build their skills with increasingly difficult rides and situations. Within 12 months of completing the BRC, riders return for an experienced rider

Locally, safety policy requires an experienced course prior to the six-month point. There are two courses to choose from: Experienced Rider

Course, for riders of standard and cruiser machines, and the Military Sport Bike Rider Course, a specialized class for owners of sport motorcycles.

Unlike the BRC, where many riders opt to use school-supplied training bikes, the experienced courses require the riders to bring their own motorcycle.

'It's great to see the riders returning on their own bike," said Walter Oda, Cape Fox Professional Services lead instructor for the Schofield Motorcycle Training Site. "We see how they have applied the lessons from the BRC and have learned to ride in

traffic. Many times the rider has picked up some bad habits, and we get a chance to fine-tune their

Following the experienced course, riders re-



File photo

Basic, intermediate and advance rider courses are available.

turn every five years for sustainment training. This can be a return to the experienced courses or a visit to the Army Safety Center's motorcycle safety Web page for a list of approved alternative courses at the rider's own

"On my own time, I keep my skills up by taking track day courses," said Liz Werter, Cape Fox. "Riders get a chance to take turns at speed, and (they) build skills using lessons drawn from the racetrack.

Referred to locally as the Advanced Rider Trackday, these courses are offered only sporadically in Hawaii, as they require the use of a

riding circuit. Riders can purchase classes at a number of training sites around the country. Sustainment training also comes in during a

large aircraft parking ramp to outline a mile-long

change to a different motorcycle or a move to a new geographical area.

"Changing your motorcycle is an important reason to return for training," said Clint German, garrison safety director. "Riders might change to a much larger motorcycle, or convert from a cruiser to a sport style, with entirely different handling."

Unit motorcycle mentors play an important role in reviewing the riders progress by tracking each class completed and encouraging riders to sign up for the next phase in their learning.

Cycle Safety

For more information, see Army Regulation 385-10, The Army Safety Program, chapter 11-9, or visit the Army Safety Center Motorcycle Web page at https://safe ty.army.mil/OFF-DUTY/PMV-2.aspx

256th CSH 'Buckeye' Citizen-Soldiers share aloha at Tripler

JIM GOOSE GUZIOR

Tripler Army Medical Center Public Affairs

HONOLULU — Twenty-nine Reserve Soldiers of the 256th Combat Support Hospital (CSH), Twinsburg, Ohio, conducted Overseas Deployment Training (ODT) at Tripler Army Medical Center (TAMC), here, and Schofield Barracks, May 4-14.

"Overseas Deployment Training is designed to provide realistic mobilization from their reserve unit for two-week annual training - to test their ability to prepare, move and train with their active duty counterparts, and then redeploy back to home station successfully," said Lt. Col. Derek Morton, chief of Reserve Affairs, Pacific Regional Medical Command.

"Most importantly, Soldiers from the 256th (CSH) get an opportunity to train in such a culturally diverse region as Hawaii, which allows them to appreciate their skills and serving to heal others," added Morton.

According to Capt. Jennifer Gaines, assistant officer in charge and registered nurse, this training is invaluable to her unit as they don't often get to work in a medical center.

"We're reservists with a wide range of skill sets that don't often get to work together. This training and time spent here at TAMC is important to our Soldiers who may not even work in the medical field in their daily jobs or in a center," said Gaines. "Besides our training, we're here to support the clinic staffs and be of value to them during our time.'

The support to TAMC and Schofield Barracks clinics isn't lost on anyone as the unit deployed physicians, nurses, medics, pharmacists, radiology specialists, equipment specialists and logistical Soldiers. During this time, the unit saw 1,032 patients and worked a combined 1,382 hours. Not only did the influx boost staff numbers in critical clinics, but also delivered trainers to TAMC.

'While our objectives were to obtain valuable, low-density clinical training and hands-on experience with equipment in a med center, we've helped train some of your guys, too," said Gaines. "We did some advanced cardiac lifesaving training and basic life support training for some of your respiratory therapists," Gaines said, proudly.

While the clinics were praising the efforts of the 256th CSH, they even made an impact on local

"One of our folks rendered aid to a girl in Waikiki who was having a severe allergic reaction," recounted Gaines. "Her arm was swelling up and her body was getting covered in hives and her respirations were not good. Our Soldier assessed her, activated the EMS (Emergency



Photo provided by 256th Combat Support Hospital

Members of the 256th Combat Support Hospital from Twinsburg, Ohio, pose for one last picture in front of Tripler Army Medical Center before making the trip back to the Buckeye State. The unit conducted Overseas Deployment Training at TAMC and Schofield Barracks, May 4-14.

Medical Services) system and calmed the family and patient down until help arrived," Gaines explained.

During their off time, the Soldiers participated in some local physical training while swimming, hiking and boogey boarding.

"The island is beautiful. Even when it's raining, it's beautiful here," said Gaines. "Every day of this deployment has been great because we're here, in Hawaii."

Hurricanes can cause catastrophic damage to lives and property. Emergency service personnel urge the public to prepare now for Hawaii's hurricane season, which runs from June 1 to Nov. 30.

Officials urge public to plan ahead for hurricanes

Staff Writer

SCHOFIELD BARRACKS — Forecasters in Hawaii are predicting a continuation of El Nino weather conditions through the autumn of 2015 and into the beginning of 2016 - and they are warning that this could have an impact on the hurricane season here.

"Typically, we see a more active hurricane season during El Nino," said Chris Brenchley, warning coordination meteorologist with the National Weather Service's Honolulu Forecast Office. "This means more hurricanes and more tropical storms."

El Nino weather conditions are characterized by unusually warm sea surface temperatures in the equatorial Pacific that affect tropical rainfall patterns and result in global changes to weather patterns, according to the National Weather Service's Climate Prediction Center.

Annual season begins June 1

The hurricane season in the Central Pacific Region, which includes Hawaii, starts on June 1 and runs until Nov. 30.

The National Weather Service defines a hurricane as a tropical cyclone with maximum sustained winds of 74 mph or higher. Winds weaker than 74 mph are classified as a tropical

On average, between four and five tropical

cyclones are observed in the Central Pacific Region every year, according to the Central Pacific Hurricane Center (CPHC) in Honolulu. This has ranged from zero in 1979 to 11 in 1992

One of those 11 hurricanes remains the most damaging in the state's recorded history and it was formed during a strong El Nino, according to the CPHC. Hurricane Iniki, a Category 4 hurricane, struck Kauai and Oahu in September 1992, killing six and costing nearly \$3 billion in damages.

Last year, the state narrowly avoided being hit by two hurricanes. Hurricane Iselle, a Category 4 hurricane, was downgraded to a tropical storm shortly before making landfall on Hawaii Island in August, and Hurricane Julio, a Category 2 hurricane, passed north of the Hawaiian Islands in August.

Hurricanes ranking Category 3 to Category 5 on the Saffir-Simpson Hurricane Wind Scale are considered to be major hurricanes because they will cause devastating or catastrophic damage to well-built framed structures, snap trees onto roadways and knock out power for sustained periods. However, Category 1 and 2 hurricanes are still considered dangerous and will cause damage.

Emergency preparation

While it is impossible to predict with certainty whether or where a hurricane will make

landfall, the No. 1 thing the public should do is be prepared, said Joe Barker, installation management emergency officer, Directorate of Plans, Training, Mobilization and Security for U.S. Army Garrison-Hawaii.

"Be prepared for all hazards," he said, explaining that because of its location, Hawaii is at risk for typhoons and other natural disasters, as well. If families are prepared for one type of disaster, they are likely prepared for others, and this puts them ahead of the game.

"The evacuation plan for a fire or other emergency is the same as for a hurricane," Barker added.

Brenchley said the public should have a kit with emergency supplies, should implement a phone tree or other reliable means of communication so that family members know who to contact, should know where to meet in an emergency, and should familiarize themselves and family members with evacuation zones and shelter locations.

"Do what you can ahead of time, so you're not panicking at the last minute," he said. "We saw a lot of last-minute shopping last year during Hurricane Iselle. You can save yourself long lines, frustration and stress if you have supplies ahead of time."

He pointed out that Hawaii's location in the middle of the Pacific Ocean could present challenges to relief efforts.

"If ports and airports are knocked out of

Garrison Alerts

Sign-up for U.S. Army Garrison-Hawaii's emergency alerts through Nixle to receive text messages and emails:

Images from the National Oceanic and Atmospheric Administration

Text 96857 to 888777.

•Visit www.garrison.hawaii.army.mil, scroll to the bottom of the page and fill out the three boxes, using 96857 as the

 Visit www.nixle.com and create an account. Be sure to opt in to receive USAG-HI Emergency Response alerts at 96857.

commission, relief may not be quick," Brench-

ley explained. "The key is to realize this and have the supplies you'll need to survive for longer than a day or two - say supplies for seven days instead.' Along with having a plan and gathering sup-

plies, Brenchley emphasized the importance of having access to official updates and information, recommending a battery-powered radio as one hurricane preparedness kit staple.

"With so much available on the Internet and via social media, there's a lot of information out there, but not all of that information is official or reliable," he said. "You can get official information from emergency management services, the state Civil Defense, NOAA and the National Weather Service."

ONLINE RESOURCES

To learn what to do before, during and after an emergency, visit the following websites:

•www.acsim.army.mil/read yarmy.

•www.ready.gov.

- www.redcross.org.
- •www.citizencorps.gov. •www.fema.gov.
- •www.garrison.hawaii.army. mil (click on "Emergency Management").

More information can be found in the Hawaiian Electric Company's free disaster preparedness handbook, available by calling 543-7511 or online at www.heco.com

HURRICANE KIT CHECKLIST

Emergency kits are essential tools for ensuring your family's well-being during times of crisis.

Suggested items to include in your home emergency kit follow:

•Water, at least one gallon per person, per day, and enough to last each person for at least seven

•Nonperishable food items that will last at least seven days and that do not require cooking. They should maintain freshness for several months, such as energy bars and freeze dried/dehydrated foods.

•Formula and diapers for infants.

- •Food, water, other supplies and documents for pets.
 - •Manual can opener.
- •A flashlight, battery-powered weather radio, battery-powered cell phone charger and extra batteries or hand-crank-powered devices.
- •First aid kit and prescription medications.
- •Sanitation supplies, such as moist towelettes, disinfectant and garbage bags.

•Important documents personal, financial and insurance - protected in watertight packaging. (Store copies in a safe, separate location, such as a safety deposit box or with relatives or a trusted friend.)

•Five-gallon buckets with plastic bags, for use as a portable toilet. ·Cash, in small denomi-

Additional items that can be of use include these:

- Fire extinguisher. ·Matches, in a waterproof
- container. •Any tools needed to turn off
- •Metal or plastic bowls. •Coats and rain gear.
- •Sleeping bags or other bed-
- A weather-appropriate change of clothes for each
- •Books, games, puzzles, toys and other activities for children.

FEMA suggests pet protection tips

flooded street carrying two dogs

hit the Gulf Coast.

they had rescued in New Orleans,

(Photo has been altered from its original form; background elements have been removed.)

NATIONAL PREPAREDNESS COMMUNITY

Federal Emergency Management Agency With the hurricane season beginning June 1, it's never too early to begin thinking about how to better prepare your loved ones, including those we call our pets.

There are a lot of online resources and websites that provide great information and tips on how to best prepare your pet. However, the Federal Emergency Management Agency has five easy ways to prepare your pets for an emergency: Animal rescuers walk down a

1) Identify a shelter. Before disaster hits, call your local office of emergency management to see if you will be allowed to evacuate with your pets and that there will be shelters that take people and their pets in your area.

And just to be safe, track down a pet-friendly safe place for your family and pets. Most boarding kennels, veterinarians and animal shelters will need your pet's medical records to make sure all vaccinations are cur-

2) Pack a pet kit. Take pet food, bottled water, medications, veterinary records, cat litter/pan, manual can opener, food dishes, first aid kit and other supplies with you in case they're not available later. Each pet is unique, but each pet needs the basics in case of an

3) Update your pet's ID. Make sure identification tags are up-to-date and securely fastened to your pet's collar. If possible, attach the address and/or phone number of your evacuation site. If your pet gets lost, his tag is his ticket home.

4) Protect your pet during a disaster. Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. Bringing them inside early can stop them from running away. Even if your dogs and cats normally get along, the anxiety of an emergency situation can cause pets to act irrationally. Understanding what to expect during a disaster is crucial.

5) Keep an eye on your pet after an emergency. The behavior of your pets may change after an emergency. Normally quiet and friendly pets may become aggressive or defensive.

Watch animals closely. Leash dogs and place them in a fenced yard with ac-Photo by Karen Ducey

cess to shelter and water. Familiar scents and landmarks may be altered, and your pet may become confused and lost. Louisiana, after Hurricane Katrina

Remember to keep taking care of them even after the disaster.

Prepare with ASPCA Mobile App

With hurricane season right around the corner, the ASPCA Mobile App shows pet owners exactly what to do in case of a natural disaster.

Available for free download in the App Store and Google Play, users are able to access critical advice on what to do with your pet before, during and after a major storm - even if there's no data connectivity.

It also includes a section to store and manage a pet's personal health records, as well as stepby-step instructions on how to search for a lost animal in a variety of circumstances.

Get the app by visiting www.bit.ly/ASPCAapp. Additionally, pet owners are encouraged to order a free rescue alert sticker at https://www. aspca.org/form/free-pet-safety-pack.

worship

Additional religious services, children's programs, educational services and contact informa-

www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates

> Aliamanu Chapel Fort DeRussy Chapel

Helemano Chapel Main Post Chapel,

Schofield Barracks

Soldiers' Chapel,

Schofield Barracks

Medical Center Chapel WAAF: Wheeler Army Airfield Chapel

Pearl Harbor

TAMC: Tripler Army

Buddhist Services

Catholic Mass

•Sunday services:

Gospel Worship

Annex

TAMC

•First Sunday, 1 p.m. at FD

•Thursday, 9 a.m. at AMR

•Saturday, 5 p.m. at TAMC,

- 8:30 a.m. at AMR

-11 a.m. at TAMC

•Sunday, noon. at MPC

•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 2:30 p.m., TAMC

•Friday, 1 p.m. at MPC Annex

•Saturday and Sunday, 5:30 a.m.;

6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7 p.m. at Wheeler

Protestant Worship

-9 a.m. at MPC

-10 a.m. at HMR

-10:30 a.m. at AMR

-11:30 a.m. at WAAF

(Spanish language)

-11 a.m. at SC

(Contemporary)

Liturgical (Lutheran/

-9 a.m., at FD, TAMC chapel

Sunday Services

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

Annex

-10:30 a.m. at MPC Annex

•Monday-Friday, 11:45 a.m. at

Soldiers' Chapel and 12 p.m.,

•Fourth Sunday, 1 p.m. at MPC

Aloha Jewish Chapel,

and Support Staff" menu.)

tion can be found at

FD:

PH:

HMR:



Briefs 23 / Saturday

Shoreline Fishing — Master fisherwoman Sharon Nakai and Outdoor Recreation will take you to spots on the island for shoreline and small game fishing, 8:30 a.m.-12:30 p.m., at \$30/per person. Transportation, fishing gear and instruction provided. Register by noon, Friday, May 22. Call

Home Alone Family Work**shop** — SB ACS Family Advocacy Program offers a fun and interactive workshop that provides parents and children (ages 10-12) with skills, knowledge and confidence needed to stay home alone. Topics include first aid, fire safety, stranger awareness and internal safety. A parent must attend with their child; call 655-4227 to sign-up.

24 / Sunday

Hale Ikena Sunday Brunch -Every Sunday, 10 a.m.-1 p.m., FS Hale Ikena dining room. Reservations recommended; \$24.95/adults and varied children's prices. Call 438-1974.

26 / Tuesday

Preschool Story Time — Take your toddlers (ages 3-5) to a free story time at Army Hawaii libraries. There's a different theme and story each

Attend FS library (438-9521), Tuesdays, and SB library (655-4707), Wednesdays, both at 10 a.m.

27 / Wednesday

KinderJam — High-energy music and movement programs for children 1-5 years of age. Program offered on SB, Wednesdays, and at AMR, Fridays. Parent participation is required. Call SKIES at 655-9818.

28 / Thursday

Tropical Thursdays — Join the SB Tropics Recreation Center every Thursday for Texas Hold'em. The fun starts at 6 p.m. A free weekly tournament (with no buy in) lets you test your skills against the best of the best Army players around. All ID cardholders 18 and older are welcome. Call 655-5698.



Photo courtesy of Shinnyo-en Hawaii

Thousands of ceremonial floating candlelit lanterns will remember the fallen, Monday, at Ala Moana Beach.

Lanterns light and unite Monday

LANTERN FLOATING HAWAII News Release

HONOLULU - Now an annual Memorial Day tradition in Hawaii, Lantern Floating Hawaii is expected to attract approximately 50,000 residents and visitors from various cultures and backgrounds to Ala Moana Beach

on Monday, May 25, beginning at 6:15 p.m. This year, 6,000 candlelit lanterns will be set afloat to honor the fallen, in remembrance of loved ones who have passed, and as a symbolic, collective vow to work toward a harmonious and peaceful future.

The ceremony will also remember those who have passed due to various causes afflicting humanity throughout the world.

Themed "Many Rivers, One Ocean," the annual Lantern Floating Hawaii ceremony gathers the community and visitors for a collective experience of warmth, compassion and understanding.

Those attending the ceremony may receive a lantern to personally float, or they may write their remembrances on special forms that will be placed on collective remembrance lanterns to be floated by volunteers.

The Lantern Request tent will be open from 10 a.m. to 4 p.m. (or until all lanterns are given out) on the day of the ceremony. Lanterns may be received on a firstcome, first served basis. Therefore, families or groups who wish to float a lantern are kindly asked to limit themselves to one lantern per family or group so that all who wish to float a lantern will be able to do so.

There is no charge to receive a lantern; all voluntary donations received at the beach will be gifted to the City & County of Honolulu for the upkeep and beautification of Ala Moana Beach Park.

Free event parking is available at the Hawaii Convention Center from 7 a.m. until midnight. A complimentary shuttle will transport passengers from the Hawaii Convention Center to Ala Moana Beach Park beginning at 3 p.m., and then back to the Hawaii Convention Center starting at 7:30 p.m.

Those unable to attend Lantern Floating Hawaii in person may watch the ceremony live on KGMB or online at www.lanternfloatinghawaii.com beginning at 6:15 p.m.

More Online

To learn more, visit www.lanternfloating



hawaii.com.

29 / Friday

Hawaiian Luau Lunch Buffet - Enjoy delicious local style food every last Friday of the month from 11a.m.-1 p.m. Cost is \$14.95/per person. Call SB Kolekole Bar & Grill at 655-4466 or FS Hale Ikena at 438-1974 for reservations or more information.

30 / Saturday

Strong B.A.N.D.S. Color Run - Join the first-ever paint race, be-

ginning at 8 a.m. at the HMR fitness center parking lot; features a 4-mile course that travels through paint showers and cheering fans. Open to all DOD cardholders. Reg-

istration runs through May 27 at all

MWR fitness centers. Costs \$19 and includes door prizes. Call 655-8007.

Adventure into Kayaking — Outdoor Recreation will host you on a cruise on the Anahulu River on the North Shore. For the entire family, with equipment and instruction in-

Register by noon, May 29. Fee is \$59/per person. Call 655-0143.

June 6 / Saturday

Parents Night Out — South (FS/AMR) CYS Services offers Parents Night Out to registered families in the military community, 6-11 p.m., June

6, at AMR CDC (Bldg. 1783) and AMR SAC (Bldg. 1782). Reservations on a first-come, first-served basis at Parent Central Services at AMR, 833-5393.

Movies on the Lawn — Enjoy a free movie, 7:30 p.m., SB Weyand Field. Bring your blanket, lawn chairs and snacks.

9 / Tuesday

Magic Show — Doors open at 5:30 p.m. at the Nehelani for this night of mystery, fantasy and comedy. Dinner buffet included, 5:30-6:45 p.m., with the show from 6:45-7:45 p.m.

Cost is \$25/per person; \$10 for ages 4-10 and children 3 and under free. Make reservations at 655-4466/0660.

First Friday Street Festi-

val — Honolulu's Chinatown

and the art district area nightlife

comes alive every first Friday of

the month, 8 p.m.-2 a.m., with enter-

tainment, food and activities. Spon-

sored by Arts District Merchant Asso

ciation. Call 521-1812; visit www.art

12 / Fridav

end Diana Ross makes a first-ever

concert appearance at Blaisdell Are-

na, June 12 & 13. Tickets begin at \$45

at the NBC box office, 777 Ward Ave.,

Honolulu. Call (800) 745-3000 or visit

20 / Saturday

Ocean Fun Run — Run along

the shoreline of the Pacific Ocean, up

through swampy waters, 7 a.m., at the

Surf & Turf 5K, June 20, at Marine

information at http://mcc

shawaii.com/races/.

Federal Survey Cards — On

Sept. 2, a Federal Survey Card will be

distributed to every Hawaii public

school student as part of the federal

Impact Aid Program, which partially

reimburses school districts that lose

revenue due to the presence of tax-

The card needs to be completed

If you have questions on how to fill

and returned to your child's school

out the form, please contact your child's school or the Army School Li-

free federal properties.

aison Office at 655-8326.

the very next day.

Corps Base Hawaii. Registration

Ongoing

mountainous terrain, and even

Diana Ross Concert — Pop leg-

sdistricthonolulu.com.

www.ticketmaster.com.

Anglican) •Sunday, 10 a.m. at WAAF This Week at the



Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.



The Longest Ride

(PG-13) Fri., May 22, 7 p.m.

Home

(PG) Sat., May 23, 4 p.m. Sun., May 24, 2 p.m.



Furious 7

(PG-13) Sat., May 23, 7 p.m.

Woman in Gold

(PG-13)

or Wednesdays.

Thurs., May 28, 7 p.m. No shows on Mondays, Tuesdays

Community Calendar Send announcements a week prior

to publication to community@ hawaiiarmyweekly.com.

Today

Garrison Organization Day — Most USAG-HI programs and services close at 10 a.m. for the annual employee and family gathering at SB's Stoneman Field.

Anuhea in Concert -The Polynesian Cultural Center invites Hawaii residents and military with any local ID verification to join the free PCC Ohana Club. Enjoy a free concert at 8:30 p.m., featuring Anuhea (for members).

Visit PCCKamaaina.com or call 293-3333.

U.S. Veterans Initiative Charity Golf — Shotgun start scheduled for 11:30 a.m.; includes pre-event activities, lunch and buffet dinner at the Hoakalei Country Club. Visit www.usvetsinc.org/barberspoint.

23 / Saturday

Kolekole — The SB Kolekole Walking/Hiking Trail is open the holiday weekend, Saturday through Monday, 5:30 a.m.-6:30 p.m., to DOD ID cardholders and their guests. Do not park at the trail from 6:30 p.m.-5:30 a.m. Violators will be ticketed. Use of the trail is permitted only during open hours.

Flowers for Fallen — The Girl Scouts are asking for the community's help with donations of flowers or with helping to sew lei to ensure that each of the over 9,000 veterans receive a lei of aloha on Memorial Day. This event happens May 23, 9 a.m.-2 p.m., at Kaneohe's Windward Mall.

Suggested flower donations are olossoms of plumeria, bougainvillea stephanotis or crown flowers. Stalks of hardy or tropical flowers will also be accepted (24-inches maximum).

> 24 / Sunday **National** Memorial Day Concert — The 26th annual PBS broadcast from the grounds of the Capitol Building in Washington, will be broadcast in Hawaii,

beginning at 7 p.m., on KHET, channel 10 on Oceanic Cable.

25 / Monday

Memorial Day Ceremony — The garrison hosts a Memorial Day remembrance ceremony, 10 a.m., at the Schofield Barracks Post Cemetery on Lyman Road. Visitors should enter Schofield via Lyman Gate, off Kunia Road, and provide current ID, registration, insurance and safety

Lantern Floating Hawaii — An expected 50,000 residents and visitors are expected at Ala Moana Beach for the 6:15 p.m. ceremony. (See story at the top of this page for additional information.)

26 / Tuesday

Community Information Exchange — The next CIE (formerly called the SIM or Spouse Information Meeting, is 9-10:30 a.m., at the SB Post Conference Center (small PCR,

across from Sgt. Smith Theater). The focus of this meeting is installation and community matters. Key service providers will provide details of upcoming events for 30-60-90 days, followed by an open

27 / Wednesday

Family Night — SB weekly family gathering begins at 5:30 p.m. and is located at the Main Post Chapel. Sessions follow from 6:10-7:30 p.m. Child care is provided.

Some of the classes offered include Financial Peace University, Healthy Living, 7 Habits of Highly Effective Army Families.

Contact at SB is Deborah Mc-Swain, director of Religious Education, at 655-9198. At AMR Chapel, call 839-4319.

June

4 / Thursday **Golf Tournament**

The 7th Annual Masonic Open tees off at 8 a.m. at the Royal Kunia Country Club and is open to the public. Money raised from the scramble format funds college scholarships. Registration deadline is May 30. Visit http://phglo fhawaii.org/index.php?pr=Golf_Registration.

5 / Friday

Picnic on the Pier — Battleship Missouri Memorial hosts, 5:30-8 p.m., live music, raffle prizes, tours of the Mighty Mo and an amazing view of the sunset over historic Pearl Harbor during its "Picnic on the Pier." Presale price is \$10; \$15 at the

door. Call 455-1600, ext. 246.

FRG: Family Readiness Group TAMC: Tripler Army Medical

IPC: Island Palm Communities PFC: Physical Fitness Center SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills Center

USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield

Calendar abbreviations 8th TSC: 8th Theater Sustainment

Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation

BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company

ASYMCA: Armed Services YMCA

CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FMWR: Family and Morale, Welfare and FS: Fort Shafter HMR: Helemano Military Reservation

Recreation

USAG-HI: U.S. Army Garrison-Hawaii

Army, DOE demonstrate school partnership success

Story and photos by KAREN A. IWAMOTO Staff Writer

 $SCHOFIELD\ BARRACKS-Leaders\ from$ the Army and the Hawaii State Department of Education met at the Nehelani, here, May 11, to reinforce the bond between the Army and its partner schools and to discuss ways the Army and the DOE could improve those schools.

U.S. Army Garrison-Hawaii partners with 52 public schools in Hawaii. The majority of those (44) are on Oahu; eight are on the Big Island.

Representatives from Oahu's Army-partnered schools (which include Aiea, Campbell, Kapolei, Leilehua, Mililani, Moanalua, Radford and Waialua schools) offered overviews that highlighted their various successes and support needs.

Successes included these:

•Mililani High School won the 2014 State Football Championships.

•Moanalua High School's media program received four awards at the 12th annual Student Television Network Competition in Cal-

•Radford High School student Alexandra Skrocki was honored as the 2015 Prudential Spirit of Community Award recipient.

•Wahiawa Middle School won the spelling bee for Oahu's central school district.

Before wrapping up the meeting, Maj. Gen. Charles Flynn, senior commander of U.S. Army-Hawaii, pledged to take action on three

•Parental involvement. "I'm going to make sure we're communicating the message about



1st Lt. Chase Cappo, right, 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, describes the volunteer work he and fellow Soldiers in his unit have done at Army-partnered public schools on Oahu. Maj. Gen. Charles Flynn, left, senior commander, U.S. Army Hawaii, provided the keynote speech at the luncheon hosted by USAG-HI.

(the importance of) the parental involvement," Flynn said. "We have a captive audience because we issue orders in the military. I can't order them to be good parents, but I can issue guidance to commanders that parents should be free to go to (parent-teacher meetings)."

He added that he understood Soldiers were sometimes unable to attend such meetings because of deployments, but that he would communicate that they should be allowed to attend the meetings if their schedules could allow it.

•Federal Impact Surveys. Flynn said he

wanted to encourage Army parents to turn in their schools' Federal Impact Surveys. These surveys, which should be filled out by parents, help to determine the amount of federal aid the Hawaii DOE receives to offset lost tax revenues (income, sales, property tax) due to a federal presence, and to make up for the incurred costs of providing educational services to federally connected students.

Some parents are reluctant to fill out these surveys because they do not know the exact street address of their place of work on an



State School Superintendent Kathryn Matayoshi discusses Army-partnered schools with Army leaders at the May 11 luncheon.

Army installation, and/or they don't want to divulge the private information requested on the survey.

Flynn said he would task his team to start an informational campaign to overcome these challenges and boost the number of Army parents who fill out and turn in the Federal Impact Surveys because "each (survey) equals cash."

•Reputation. Flynn said he would have the USAG-Hawaii command and its team work with school liaison officers to create a brochure that highlights the positive aspects of sending children to Army-partnered public schools.

Last year, he said, he had this information communicated to the NCO Academy and Command General Staff College, but he wants the next outreach effort to be something "better and more creative" because there are hundreds of new families coming to USARHAW in the past week alone and the majority of them have school-age children.

TAMCP

SCHOOL/SPORTS **PHYSICALS**

The 2015-2016 school year and sports season is just around the corner.

To help ensure that kids are ready for the new year, Tripler Army Medical Center has set aside one Saturday, each month this summer, solely for the purpose of completing school /sports physicals for children 4 years old and up who are enrolled in the Tripler Pediatric and Adolescent/Young Adult

Clinics. Call Central Appointments for an appointment June 13, July 11 or Aug. 15.

Be sure to bring all immunizations records and



New high school graduate-recruits saluted

Story and photo by STAFF SGT. CHRIS HUBENTHAL

> Defense Media Activity-Hawaii News Bureau

JOINT BASE PEARL HARBOR-HICKAM — Military and local community members gathered to honor and recognize 120 military enlistees during the Our Community Salutes (OCS) Recognition Ceremony at the USS Battleship Missouri Memorial, Sunday.

OCS of Hawaii is a community-based initiative to recognize and honor graduating high school seniors who plan to join the armed forces after graduation.

Service members, military veterans, community leaders, educators and businessmen and women used the ceremony as a venue to congratulate the enlistees and their families for stepping up to join the 1 percent of Americans who serve in uniform.

All branches of service were represented during the ceremony with enlistees joining the U.S. Army, Marine Corps, Navy, Coast Guard, Air Force and Air Force National Guard.

Erica Rhea, OCS-Hawaii president, said that the ceremony is not only for the recruits, but for their

"It's not only to say thank you to them; it's to say thank you to their parents who had a big part in encouraging them to join," Rhea said. "I can tell you that it is a rewarding experience to have not only the recruits, but their families come up. A lot of families aren't familiar with the military, so they might be very apprehensive of their kids going off to join, so they may still be on the fence. from Roosevelt High School, is ready to begin her When they see this kind of welcome and see how career in the military.

much their community appreciates them, it's very rewarding."

Each enlistee was individually recognized during the ceremony and received a certificate of appreciation and a military coin to help acknowledge his or her commitment.

Guest speakers, including U.S. Army Sgt. Maj. Finis A. Dodson, command sergeant major of the 94th Army Air and Missile Defense Command, and Hawaii State Senator Fred Hemmings, also took time to speak with the enlistees to offer guidance on their future endeavors.

Dodson provided the enlistees advice on becoming a future leader during his speech.

"Lead from the front," Dodson said. "Don't expect your Soldiers to do something that you are not willing to do yourself. Remain mentally and physically fit. Execute orders in your own name. Become the expert in whatever you are doing. Trust but verify. Take care of Soldiers by making sure they are ready to fight. Dream big, but focus small. It's not time to reach for the senior grade, yet. (And,) most of all, have fun."

Hemmings reassured enlistees that their country stands behind their military commitment.

"I want you to leave here optimistic and knowing that you have the full support of this nation," Hemmings said. "You have great men and women who have gone before you who will reach back and help you along. Your officers, sergeants major and all those in the military are eager to have you become a part of their band of brothers and sisters."

Anjenette Aguilar, a U.S. Marine Corps enlistee



New U.S. Army enlistees and high school graduates are recognized by Army Capt. Russell Osterfeld, of Honolulu Recruiting, at the OCS Recognition Ceremony, Sunday, at the USS Battleship Missouri Memorial.

"I am the first one at Roosevelt High School in three years to join the Marine Corps," Aguilar said. "I wanted a challenge and my uncle was a Marine and said a lot of good stuff about it. I hope it's going to be fun. I'm going to make it fun. Even though it may be scary, it will just make you want to be stronger."

The event marked the second inaugural OCS Recognition Ceremony to take place in Hawaii.

B-4 | MAY 22, 2015 HAWAII ARMY WEEKLY COMMU

Exchange offers HuluPlus sample, special discount

ARMY & AIR FORCE EXCHANGE SERVICE

Soldiers and their families who sign up for Hulu Plus through the Army & Air Force Exchange Service can now enjoy one month free, followed by an Exchange-exclusive 10 percent discount for the first year of service.

"Hulu's programs provide a welcome taste of home for Soldiers and Airmen stationed overseas, as well as being very popular with those in CONUS (continental U.S.), and it's great to be able to offer an even better deal for Exchange patrons," said General Manager Robert Rice.

"Through the Exchange, Hulu is now available on base at most Exchange locations worldwide without VPN, including Afghanistan, Kuwait, Qatar, UAE, Japan, Korea, Puerto Rico, Guam, Italy, Bulgaria, Romania and Turkey, as well as in the U.S. and U.S. pro-

tectorates," said Rice

Authorized shoppers must subscribe through www.shopmyexchange.com/hulu (or through the Marketplace on www.shopmyexchange.com) to get the Exchange's exclusive Hulu Plus offer of the first month free and a 10 percent, per month, discount thereafter for the first year.

Hulu Plus is an Internet-based video, on demand service that al-

lows viewers to instantly watch current season hit TV shows and movies. All can be viewed on Internet-connected TVs,

tablets, smartphones, game consoles, set top boxes and additional devices, in HD (where available and bandwidth permits).

Viewers can instantly stream current-se son episodes of primetime TV shows like "Family Guy," "Empire," "Once Upon a

Time," "Scandal," "The Voice,"
"The Daily Show with Jon Stewart," "The Last Man on Earth,"
"Law & Order: SVU" and many others, along with Hulu exclusives like
"South Park," "Vikings," "The Deadliest Catch" and "The Mindy Project," and then catch up on

"American Horror Story," "Sons of Anarchy," "The Good Wife," "I Love Lucy" and "Star Trek."

The Exchange goes where Soldiers, Airmen and their families go to improve the quality of their lives through goods and services provided. Exchange earn-

hulu PLUS

ings provide dividends to support military Morale, Welfare and Recreation programs.

The Exchange is part of the Department of Defense and is directed by a Board of Directors, responsible to the Secretaries of the Army and Air Force through the Chiefs of Staff.

We can't forget fallen heroes when enjoying our hot dogs

"Why did I come in this room again?" I often mutter to myself, while puttering around my house.

At the commissary, I spend the first few minutes mumbling, "Now, what was it that I needed?"

Without fail, an hour after entering a Target store, I find myself in the checkout line, inquiring, "Wait, what was that one thing I came here to buy before I threw all this other stuff into my cart?"

I've been known to search for sunglasses that were perched conspicuously on my head. I've forgotten to take my kids to orthodontist appointments, piano lessons and sports practices. I've assembled an entire lasagna, only to realize I forgot the layers of ricotta. I've also bumped into people I've known for months and drawn a total blank when trying to recall their names. And I've run a finger over my armpit while getting dressed, wondering, "Did I forget to put deodorant on?"

It hasn't always been this way. In my 20s, my mind was a steel trap. As I observed the world, all data was efficiently processed and stored for rapid recall. When someone asked if I needed to write down a phone number, list or appointment, I would say with all sincerity, "Nah, I've got it all up here," tapping a finger to my temple with confidence.

But somehow, after 21 years of marriage and military life, my brain cells are shot. Maybe it's hormones. Maybe my college years finally caught up with me. Maybe I've ingested too many artificial sweeteners. Maybe raising three



LISA SMITH MOLINARI Contributing Writer teenagers causes premature dementia.

I'm not quite sure what it is – or may

I'm not quite sure what it is – or maybe I've simply forgotten – but I have enough smarts left to know that I must compensate for my intellectual decline.

Nowadays, our refrigerator looks like a Punjabi taxicab, covered in grocery lists, appointment cards, bills, school schedules, recipes and a calendar the size of Texas, all highlighted in fluorescent marker and affixed with a garish display of souvenir magnets. It isn't sleek or stylish, but it helps me remember things. And besides, who needs stylish kitchen appliances when you live in a base house that hasn't been updated since the Carter administration?

Thanks to my gigantic calendar and four kitsch magnets, one of which doubles as a nifty bottle opener, I am reminded that there is an important federal holiday coming up.

Although we never seem to forget the hot dogs, pickle relish and cold beer for our traditional cookouts, we tend to forget why we get the day off to begin with.

On May 5, 1868, Maj. Gen. John Logan declared that flowers should decorate the graves of fallen Union and Confederate Soldiers of the Civil War at Arlington Cemetery, stating, "Let no neglect, no ravages of time, testify to the present or to the coming generations that we have forgotten as a people the cost of a free and undivided republic."

By the end of World War I, "Memorial Day" was being recognized across the country as a holiday to honor those Soldiers, Sailors, Airmen and Marines who gave their lives fighting for our country's freedom in all American wars.

This Monday, May 25th, I'll make a list, so I won't forget the hamburger buns, the Cool Whip, the plastic forks and the charcoal briquettes. Hopefully, I won't mutter to myself, "Wait, why do we have the day off today?"

But if I do, I'll only need to glance up from the comfort of my lawn chair at the American flag flying over our front door and think, Of course, it's Memorial Day. How could we ever forget?

(Note: Find more military family insights at www.themeatandpotatoesoflife.com.)



U.S. Army photo by Klinton Smith

ARLINGTON, Virginia — Soldiers from the 3rd U.S. Infantry Regiment (The Old Guard) place flags in front of the gravesites in Arlington National Cemetary, here.

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Small changes can fit exercise into your busy routine

Army News Service

We all know that physical activity and exercise are important for overall health.

However, many people find themselves struggling to get the recommended amount of physical activity in a day.

Research has shown a minimum of 10,000 steps per day is necessary to maintain a healthy lifestyle. Despite these recommendations, however, many Americans are only reaching approximately 6,000 steps.

Common complaints are not having enough time to exercise with busy schedules and long workdays as reasons for why individuals do not exercise. For most, it is often hard to find an extended period of time to get physically active.

The good news is, small changes can make a big difference over time. It's not necessary to get all your physical activity in

Finding time in your busy day to fit in an hour or two of physical activity at one time is often unrealistic. Incorporating physical activity into your routine in shorter intervals, even a few 15-20 minutes walks, is much more manageable and sustainable in the long term. Over time, these small changes will add up toward an ultimate physical activity goal.

The U.S. Department of Agriculture, the American College of Sports Medicine, and the American Heart Association have many suggestions as to how to incorporate physical activity into daily life. Here are some quick suggestions of things to

•Take a walk during lunch or other break or have a walking meeting instead of sitting in a conference room or colleague's

•Take a walk with the family after dinner instead of turning

•Walk the dog instead of just letting the dog out in the yard. •Walk up and down the soccer or football field while your child is playing instead of just sitting on the sidelines.

•Get outside and play with your children by throwing a ball

around or playing tag for 10 minutes.

•Park your car in a space or location that is farther away from the office door.

•Some people have had their desks converted into a standing workstation and alternate between sitting and standing

•To keep things interesting, try different activities. Try hiking or biking on a local trail. Join an exercise or yoga class. Try working out to a video. Go on a skiing or snowboarding trip.

•In the winter, go sledding or snow tubing when it snows. In the summer, take advantage of the local pool and go swimming with the family or a friend.

•Play a sport, like tennis, basketball, volleyball or racquetball. The key is to pick activities that are interesting to you.

Remember, small changes add up. Any exercise is better than no exercise. Aim for at least 10-minute bouts of exercise spread out throughout the day. Smaller bouts of exercise may be more manageable and allow you to take advantage of the small breaks of time in your busy schedule.

(Note: Springer is a program evaluator at U.S. Army Public Health Command.)



Staff Sgt. Sean Everette, 2nd Stryker Brigade Combat Team Public Affairs

Devan Icsman-Wethington, master fitness trainer/instructor, explains the proper foot position for the side bridge exercise of "Four for the Core" to Staff Sgt. Aiyana Watson, medic, Tripler Army Medical Center.



ASTHMA

In Hawaii, 125,000 adults and

children suffer from asthma. The effects can be debilitating,

causing trips to the Emergency Room, avoidance of favorite activities and absenteeism at work and school. Until recently, there have been few alternatives for

patients suffering asthma symptoms, despite taking their prescribed medication.

Today, Tripler Army Medical Center offers severe asthma sufferers an exciting new option to help control their disease. For more information, call your Primary Care Manager.

